

# Cirby Wellness Center

## Groups and Activities for the month of January

Every Monday	
<i>Time</i>	<i>Group</i>
9:00	Auburn Hiking Group
<b>10:00</b>	<b>Fitness Pals</b>
11:00	Board Games
12:30	Journaling
1:30	Woman to Woman
2:30	Yoga
3:00	Meditation

Every Tuesday	
<i>Time</i>	<i>Group</i>
9:00	Food Pantry (space limited)
<b>9:30</b>	<b>WHAM</b>
10:30	Depression and Bipolar Support Group
11:30	Smoking Cessation
12:00	Aquatics
1:00	Creative Writing
2:00	Jewelry Making

Every Wednesday	
<i>Time</i>	<i>Group</i>
9:30	Walking Group
10:00	Getting Started
11:00	Budgeting
11:30	Choir
12:30	Men's Group
<b>2:30</b>	<b>Step Aerobics</b>

Every Thursday	
<i>Time</i>	<i>Group</i>
9:30	Mall Walk
<b>10:30</b>	<b>Anger Support Group</b>
11:00	Art Group
12:00	FREE LUNCH
1:00	Job Readiness
<b>2:00</b>	<b>Step Aerobics</b>

Every Friday	
<i>Time</i>	<i>Group</i>
9:30	Family Walking Group
10:45	Drum Circle
11:30	Meditation
12:00	Movie Group

Special Events	
<i>Event</i>	<i>Date</i>
Stories of Recovery	01/23/20
Miner's Ravine Hike	01/20/20

**\*See back for class descriptions and special event details.**

Groups	Description	Location
Walking Group	1.5-mile walk. Meet at 9:30am in the lobby or 9:40am at the park.	Maidu Park Roseville
Fitness Pals	Weight loss and nutrition support group.	Wellness Center
Hiking Group	Intermediate level hiking along hilly trails. Meet at 8:45am in the lobby or <b>contact Harold for hike location.</b>	Location varies
Journaling	Guided journaling and discussion.	Wellness Center
Yoga	All fitness levels.	Wellness Center
Aquatic Program	Must be able to walk in shallow water unassisted. Arthritis Foundation participant waivers must be signed prior to participation in the class. <b>Contact Denise with any questions.</b>	Mike Shellito Indoor Pool
Meditation	Learn varying meditation techniques for stress reductions.	Wellness Center
Men's Group	The group allows us to be honest with ourselves and helps us to deal with our struggles and share tragedies and triumphs.	Wellness Center
Step Aerobics	A fun and effective way to improve heart and lung health and burn calories. This class is tailored to all fitness levels.	Wellness Center
Drum Circle	Percussion group that creates a feeling of community.	Wellness Center
Jewelry Making	Come join us in making jewelry with beads, polymer clay and much more! Supplies included.	Wellness Center
Board Games	Chess, Monopoly, Scrabble, Yahtzee, etc. Let's play!	Wellness Center
Job Readiness	Resume building, cover letter writing, mock interviews, job search assistance, etc. Supplies included.	Wellness Center
Creative Writing	Come and explore your creative side! Supplies included.	Wellness Center
Choir	You do not need to know how to sing, you just need to be able to have fun.	Wellness Center
Art Group	Come join us and express your creativity through various art projects. Supplies included.	Wellness Center
Depression and Bipolar Support Group	Based on the DBSA model of support groups, anyone who has suffered from or is interested in respectfully learning about these two illnesses is welcome to come.	Wellness Center
Woman to Woman	Women empowering and supporting women. Varying topics discussed each week.	Wellness Center
Getting Started	Learn about local housing and community resources.	Wellness Center
Budgeting	Learn to budget and save for your future!	Wellness Center
WHAM	Attend this workshop to explore your motivation for change and develop whole health and resiliency goals.	Wellness Center
Movie Group	Watch a new movie each week. Snacks provided.	Wellness Center
Food Pantry transport	Receive transportation to the St. Vincent DePaul food bank.	Wellness Center
Anger Support	Join us in a safe, supportive space. Learn tools to combat your anger.	Wellness Center
Smoking Cessation	Develop lifestyle tools to quit smoking.	Wellness Center

Wellness Peer Advocates	Emery	(916) 787-8863
	Denise	(916) 787-8869
	Rosemary	(916) 787-8865
	Harold	(916) 787-8898
	Murlene	(916) 787-8971
Wellness Coordinator	Stephanie, LVN	(916) 787-8947

#### Special Events:

01/20/19 Miner's Ravine hike \*6 miles\*, please bring water. No restrooms on this trail.